



Mayor Derek Armstead,
The City of Linden and
Department of Parks & Recreation

SEAT-ercise

(Seated Fitness)

For All Linden Seniors

The Seated Fitness program is designed to help seniors develop strength and enhance their ability to maintain a better quality of life by improving mobility and flexibility. This workout is a total body routine, which is an excellent way to burn calories and gain strength. Exercise routines include aerobics, yoga and boxing.

This **FREE** program promotes stretching and conditioning and also stimulates the cardiovascular system. Residents that participate in SEAT-ercise will be performing the exercises in a virtual setting and will be able to work at their own pace while being seated.

Classes will be held on Wednesday afternoons from 3:00pm to 3:30pm starting on **April 7th through June 2nd** via LindenTV 36/42 with *Instructor- Kathy Jackson.*

Register online (24/7) at <https://register.communitypass.net/linden> and log into your existing Community Pass account or you may call 908-474-8600 or 908-474-8627 Monday through Friday from 9:00am-4:00pm.



Another quality program offered by the **Department of Parks & Recreation**
For more information, please call 908-474-8600